

Give it a Go Rangers Dancing badge



To gain your 'Give it a Go' dance badge, you should try each of these activities below or attend a dance session with a local coach.

Research, learn and perform a dance from another culture.

1 Activity 1 - Choreo

- In groups or individually develop your own dance routine. Your routine must last at least 50 seconds. All music must be appropriate (Radio edits only)

[Click here to buy badge](#)

2 Activity 2 - Perform it!

- Perform your routines to the rest of your unit as part of a dance off competition.
- 2 groups/individual will compete against each other at the same time.
- Winner will be decided from the participants watching.
- Each group/individual will compete against each other to take part in the dance off final.
- The most important aspect of this is to enjoy yourself and have fun by exploring new moves and dances.

3 Activity 3 - Zumba

Take part in Zumba, choose one of the following depending on availability and convenience.

- Attend a local Zumba class
- Arrange for an Instructor to deliver a session to your unit.
- You could also use a copy of a relevant up to date Zumba DVD or this [Youtube video](#) in your unit



4 Activity 4 - Ballet workout

- Ballet dancers carry out conditioning that rivals an olympic athlete.
- Try the New York City Ballet Workout [here](#)